




Product Spotlight: Sorghum


Sorghum is high in protein and fibre, and low in fat. Not just a food resource, it is one of the most important cereal crops worldwide and is also used in the production of biofuels.



K4 Winter Harissa Tagine with Toasted Almonds

A flavourful spiced tagine with root vegetables and green olives served over pearls of sorghum finished with toasted almonds and fresh dill.

 30 minutes

 4 servings

 Plant-Based

8 July 2022

Spice it up!

You can use ground turmeric, paprika or coriander in this dish to enhance the Moroccan flavours. You could also add saffron if you have some.

Per serve: **PROTEIN** 10g **TOTAL FAT** 33g **CARBOHYDRATES** 51g

FROM YOUR BOX

SORGHUM	200g
RED ONION	1
CARROT	1
SWEET POTATOES	600g
CHERRY TOMATOES	1 bag (400g)
HARISSA PASTE	2 sachets
FLAKED ALMONDS	1 packet (60g)
SICILIAN OLIVES	1 tub
DILL	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, ground cumin, 1 stock cube

KEY UTENSILS

large frypan with lid, saucepan, small frypan

NOTES

If you prefer a milder dish you can use half the harissa paste and an extra 1 tbsp cumin instead.

You can add some tinned legumes like chickpeas or cannellini beans to this dish if desired!



1. COOK THE SORGHUM

Place sorghum in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes until tender. Drain and rinse.



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **3 tbsp olive oil**. Slice onion and carrot. Dice sweet potatoes (2–3cm) and halve tomatoes. Add all to pan as you go along with **1 tbsp cumin**. Cook for 2 minutes until fragrant.



3. SIMMER THE TAGINE

Stir in harissa paste and crumble in **1 stock cube** (see notes). Pour in **3 cups water** and stir to combine. Cover and simmer for 20–25 minutes or until vegetables are tender.



4. TOAST THE ALMONDS

Add flaked almonds to a dry frypan. Toast for 3–4 minutes until golden. Set aside.



5. STIR THROUGH OLIVES

Rinse olives and stir through tagine. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide sorghum and tagine among shallow bowls. Garnish with picked dill fronds and flaked almonds.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

